



Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov

January



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Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 New Years Holiday Senior Center Closed Happy 2006!	3 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 11:00 Paratransit Info & Reg 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	4 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	5 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:15 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 11:30 ECHO Housing, Reverse Mortgage Counseling 1:00 Chess & Games 2:00 Senior Center Singers	6 All Wing A Classes Moved to Community Center While Floors Rebuilt 9:30-3 Washington on Wheels Van 8:30 Walkers 10:00 Bridge 1:00 Pinochle & Canasta 1:00 Piano/Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
9 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:00 Bridge 12:30 Spanish(Beg) 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish	10 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9:15 Senior Fitness 9-12 B. P. Screening 10:00 Creative Writing 10:30 Indo-Amer. Seniors 11:00 Paratransit Reg -appt 12:45-2:45 Karaoke-Com Cen 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors Tai Chi(Beg) 4:00 (Adv)	11 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:15 Tai Chi 8:30 Walkers 10:00 AC Transit ID Picture (Appt) Canasta 9:30 Band Practice 10:00 Current Events 1-4:45 Afghan Women 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	12 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:15 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 9:30 Facility Sub Comm. Meeting 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers	13 All Wing A Classes Moved to Community Center While Floors Rebuilt 8:30 Walkers 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by Rod Elliott 1:00 Piano/Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
16 Martin Luther King Jr. Holiday Senior Center Closed	17 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 11:00 Paratransit Reg -appt 12:45 Crafts 12:45-2:45 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support, FRC 3:00 Tai Chi(Beg) 4:00 (Adv)	18 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	19 No classes in Wing A to prepare for Clearance Sale 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 10-3 Blood Pressure Screening 1:00 Chess & Games 2:00 Senior Center Singers	20 9:30 January Clearance Sale -- 9:30 - 3 pm Wing A 8:30 Walkers 9:30 Sr. Commission Meeting --City Hall Training Room 10:00 Bridge 1-3 New: Bridge for Beginners & Intermed. Class 8 weeks - \$80 1:00 Piano/Guitar Lessons 1:45 Needlecrafts
23 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Bd. 10:00 Harmonica (Carlton) 11-3 Amer. Muslim Mtg. 12:00 Bridge 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 6-7:30 New: Line Dance Class, Drop-in \$6 7-9 Parkinsons Support	24 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice fld 2 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 10:30 Indo Amer. Seniors 11:00 Paratransit Reg -appt 12:45 Crafts 12:45-2:45 Karaoke-Com Cen 1:00 Bridge 1:45 Fremontaires 3:00 East Indian Seniors 3:00 Tai Chi(Beg) 4:00 (Adv)	25 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:00 Band Practice 10:00 Legal Assist. for Seniors 10:00 Current Events 1-4:45 Afghan Women 1:00 Pinochle/ Canasta 1:00 Mah Jongg 6:30 Tole Painting Class 7:00 Woodcarvers	26 8:15 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:15 Senior Fitness 10-3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers	27 8:30 Walkers 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE and the Fremont Senior Center present a workshop on "Personal Emergency Preparedness" from The Fremont Fire Dept. 1-3 New: Bridge for Beginners & Intermed. Class 8 weeks - \$80 1:00 Piano/Guitar Lessons 1:45 Needlecrafts 3:00 Tai Chi
30 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Harmonica (Carlton) 12:30 Beg Spanish 12:30 Quilter's Lab 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 6-7:30 New: Line Dance Class, Drop-in \$6	31 8:00 Meditation 8:15 Senior Fitness 8:45 Yoga/Stretch 9-12 B. P. Screening 9:15 Senior Fitness 10:00 Creative Writing 11:00 Paratransit Reg -appt 12:45-2:45 Karaoke-Com Cen 12:45 Crafts 1:00 Bridge 2:00 Visual Concerns Group 1:45 Fremontaires 3:00 Tai Chi(Beg) 4:00 (Adv)	 <h1>Happy New Year!</h1>		